

















## » DROP-IN Exercise Classes

### SUMMER 2018 DROP-IN EXERCISE CLASS SCHEDULE

MON.		Body Blaster Circuit 9:30-10:30am		 5:30-6:30pm	 6:40-7:40pm
TUE.	 6:00-7:00am	Cardio-Sculpt Intervals 9:30-10:30am	Ab Express 12:15-1:00pm	 5:30-6:30pm	 5:30-6:30pm  6:40-7:40pm
WED.		Body Blaster Circuit 9:30-10:30am		 5:00-6:00pm	 6:00-7:00pm  7:10-8:10pm
THR.	 6:00-7:00am	Cardio-Sculpt Intervals 9:30-10:30am	Ab Express 12:15-1:00pm	 5:30-6:30pm	 5:30-6:30pm  6:40-7:40pm
FRI.			 5:30-6:30pm	<div><div>» Instructor subject to change during the season.</div><div>» Please do not enter a class more than ten minutes past the scheduled start time.</div><div>» Drop-In Exercise classes are designed for age 16 &amp; up.</div><div>» Please consult your doctor prior to starting any exercise program.</div><div>» Some classes may reach capacity or have limited specialty equipment available.</div><div>» Babysitting is available during Kid Care hours at no additional charge. Advance reservations are recommended as space is limited. Please call 703-787-7300.</div><div>» Drop-In classes are offered exclusively as part of your admission benefit (does not include Wellness, Aquatic or Small Group Training classes). Consider purchasing a multi-visit pass for the best rates.</div></div>	
SAT.		 10:15-11:15am			
SUN.	 10:15-11:15am	No Class 7/4			

SCHEDULE EFFECTIVE MONDAY, JUNE 18 – SATURDAY, AUGUST 25

**SCHEDULE EFFECTIVE MONDAY, JUNE 18 – SATURDAY, AUGUST 25**

#### **Ab Express** Age 16 & up

Ab Express is a 45 minute intense core workout. You'll work your entire core and learn new exercises to help sculpt your body! This class is a great way to fit a quick but challenging workout into your busy day and is appropriate for all fitness levels. **Tu/Th 12:15-1:00pm**

#### **Body Blaster Circuit** Age 16 & up

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body.

**M/W 9:25-10:25am No Class 5/28**

#### **Cardio/Sculpt Intervals** Age 16 & up

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

**Tu/Th 9:30-10:30am**



#### **BODYCOMBAT™**

BODYCOMBAT™ is a high-energy martial arts-inspired cardio workout that is totally non-contact. Punch and kick your way to fitness and burn up to 545 calories in a class. The moves are simple so no need to be especially coordinated and no experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.



#### **BODYPUMP™**

BODYPUMP™ is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP™ gives you a total body workout that burns lots of calories. The rep effect – a scientifically proven Les Mills formula – is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a BODYPUMP™ class will help you achieve much more than you would be able to on your own!



#### **ZUMBA®**

A Latino-influenced dance style class that combines high-energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable clothing and sneakers.

**NOTE:** Thursday night and Saturday morning ZUMBA® is open to kids 12 and up with adult supervision.